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Tuesday, May 3, 2011
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News worth sharing.

▶ Prime Minister Stephen Harper gives the thumbs-up as he arrives on stage following his majority win in Calgary yesterday.

RYAN REMIORZ/THE CANADIAN PRESS

Harper wins majority

NDP made Opposition for first time ◐ Support for Liberals and Bloc crumbles, party leaders fail to win seats

KRISTEN THOMPSON
@METRONEWS.CA

It's a hat trick for Stephen Harper, who last night was elected prime minister for the third time, winning his Conservatives their first majority government in 23 years.

But the bigger newsmaker on election night was the NDP — a party that, until recently, was fourth in seats behind the Bloc Québécois — which surged ahead of the Liberals to become the official Opposition.

"It's a very historic moment for B.C.," said Libby Davies, NDP MP for Vancouver-East.

"To be the official Opposition means added responsibility, and we'll deal with that in a very wise and responsible way," she said.

James Moore, who was re-elected as Conservative MP for Port Moody-Coquitlam-Port Coquitlam, said a majority government means more political stability, and what's good for the country is good for the province.

"(We now) have essentially a two-party system," he said. "It'll make for a very interesting Parliament, but hopefully a more functional one."

It was also a historic night for the Green party, which won its first seat in an election as Leader Elizabeth May beat incumbent MP Gary Lunn in Saanich-Gulf Islands.

The Conservatives won roughly 40 per cent of the popular vote, with the NDP at 31 per cent and the Liberals at 19.

Canucks look to rebound in Game 3 against Preds {pages 17 & 18}

Wellness

Vitamin a day ...

◐ Keeps the vices in play, according to a new study {page 12}

Dish

Split made official

◐ Charlie Sheen due to pay thousands in child support after divorce {page 11}

Food

One-dish wonder

◐ La Brasserie's chicken sandwich to go a sellout sensation {page 16}

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May day has come

Third time's a charm for Green Party leader Elizabeth May as she made Canadian history yesterday by becoming the party's first MP elected to the House of Commons.

She beat longtime Conservative cabinet minister Gary Lunn — who has held the seat since 1997 — in Saanich-Gulf Islands. May captured 47.3 per cent of the vote (with 213 of 245 polls reporting) to Lunn's 34.5 per cent.

May focused her national campaign on winning the seat after she was shut out of the televised leaders' debates.

"Today we prove that Canadians want change in politics," May said.

"I remain committed as I've been throughout this campaign as all of us are to rejecting the politics of cynicism and fear, to embracing hope, to respect and bringing respect back to our House of Commons."

May said Canadians deserve a government with 308 MPs working together to serve them and not any one political ideology.

PHYLICIA TORREVILLAS

DARRYL DYCK/THE CANADIAN PRESS

▶ Green Party leader Elizabeth May celebrates in Sidney last night.

MATT KIELTYKA/METRO

▶ Wai Young celebrates her victory in the riding of Vancouver South last night.

Young topples giant Dosanjh

- Conservatives seal battleground riding of Vancouver South
- Former MP and premier looks forward to life after politics

MATT KIELTYKA
@METRONEWS.CA

Echoing the Conservative landslide and shocking Liberal fall, Tory candidate Wai Young knocked off political heavyweight Ujjal Dosanjh in Vancouver South last night.

A charged and competitive campaign — a rematch of the 2008 battle that saw the Liberals sneak in by just 22 votes — ended up in a clear victory for Young by 9 p.m. as her lead in the polls widened over the course of the night.

By 10:30 p.m. Young held 13,350 votes to Dosanjh's 10,503 votes (158 of 207 polls reporting).

"Vancouver South voters have chosen a strong voice to be at the decision-making table in Ottawa, in a majority government," said Young, who faced controversy during the campaign after being endorsed by Ripudaman Singh Malik, who was acquitted in the Air India bombing. "We kept our eye on the target and we worked even harder and we all pulled through."

When asked if she had any words for her opponent, a two-time MP and former B.C. premier, Young simply shook her head.

Dosanjh on the other hand did his best to keep composed while speaking to supporters and signaling his defeat.

"It's been a great life. And you know what, it's not over," he said. "I have promises to keep, I have miles to go before I sleep. I have many other dreams other than electoral politics."

The ousted politician, and outspoken critic of Sikh extremism, said he looks forward to spending more time with his family.

Young, however, is looking forward.

"We are going to be building our community and contributing to Canada," she said over the deafening chants of her supporters at a reception at a Vancouver seafood restaurant. "We've succeeded tonight."

1 news

Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

Allan Small on the impact skyrocketing gold and silver prices may have on investors. More at metronews.ca/investing

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Here's how you voted

Tories and Jack Layton's Orange Crush roll through B.C. Liberals hang on to a pair of seats
Several ridings too close to call at press time Asterisk indicates incumbent

1

VANCOUVER CENTRE
250 of 266 polls reporting

***Hedy Fry (Liberal) 30.6%**
Jennifer Clarke (Tory) 26.3%
Karen Shillington (NDP) 26.1%
Adriane Carr (Green) 15.5%

2

VANCOUVER EAST
183 of 196 polls reporting

***Libby Davies (NDP) 62.9%**
Irene C. Yatco (Tory) 19%
Roma Ahi (Liberal) 9.8%
Douglas Roy (Green) 7.6%

3

BURNABY–DOUGLAS
227 of 228 polls reporting

Kennedy Stewart (NDP) 43%
Ronald Leung (Tory) 40.9%
Ken Low (Liberal) 11.2%
Adrianne Merlo (Green) 3.6%

4

SURREY NORTH
189 of 197 polls reporting

Jasbir Sandhu (NDP) 39.3%
* Dona Cadman (Tory) 35.1%
Shinder Purewal (Liberal) 17.6%
Bernadette Keenan (Green) 3.5%

5

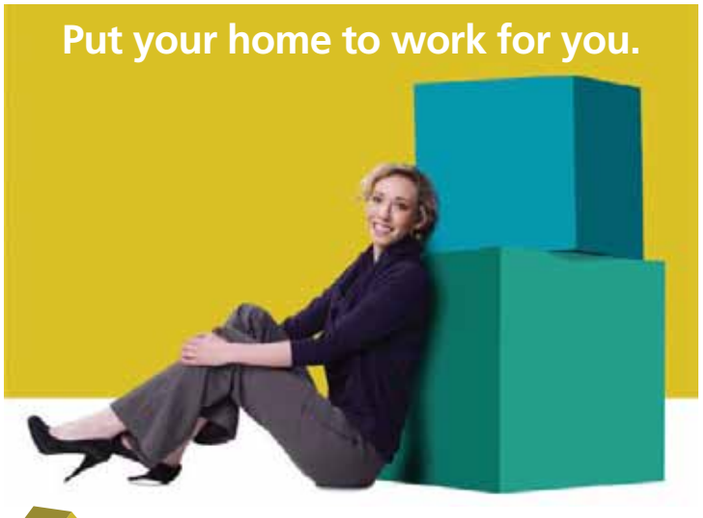
NORTH VANCOUVER
233 of 233 polls reporting

***Andrew Saxton (Tory) 48.6%**
Taleeb Noormohamed (Liberal) 29.6%
Michael Charrois (NDP) 16.1%
Greg Dowman (Green) 5%

Some of the rest

Other Lower Mainland ridings:

- **FLEETWOOD-PORT KELLS**
(215 of 242 polls reporting)
***Nina Grewal (Tory) 47.4%**
- **NEWTON-NORTH DELTA**
(195 of 213 polls reporting)
Jinny Sims (NDP) 34%
- **VANCOUVER KINGSWAY**
(182 of 205 polls reporting)
***Don Davies (NDP) 50.4%**
- **VANCOUVER QUADRA**
(209 of 239 polls reporting)
***Joyce Murray (Liberal) 42%**
- **RICHMOND**
(211 of 217 polls reporting)
***Alice Wong (Tory) 58.5%**



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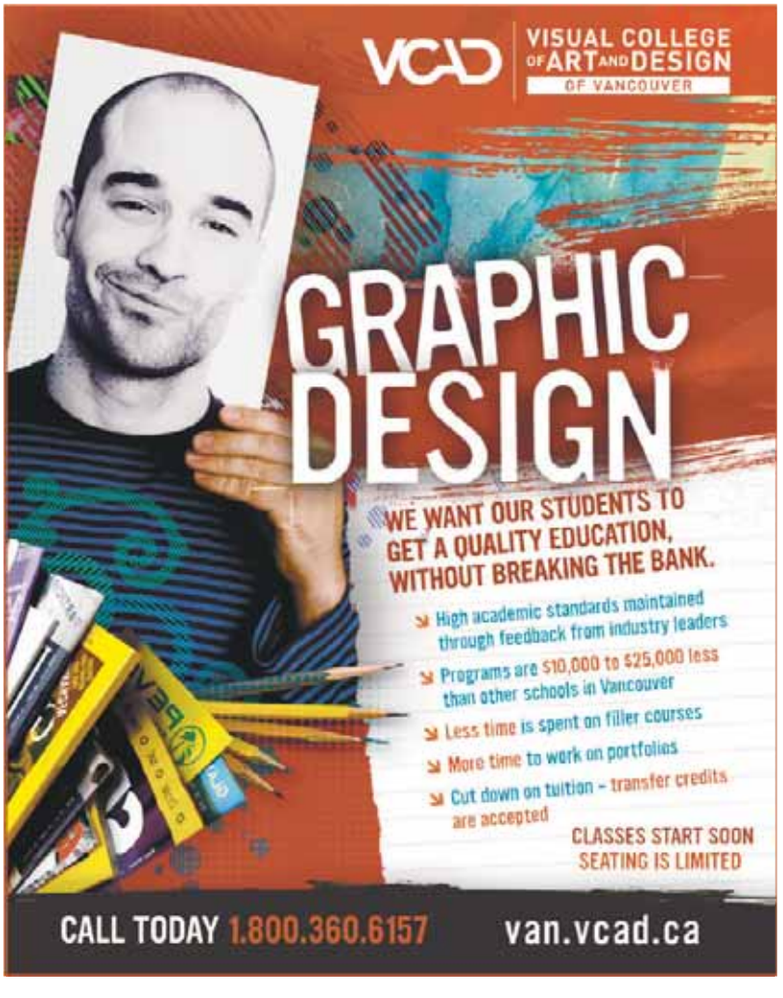
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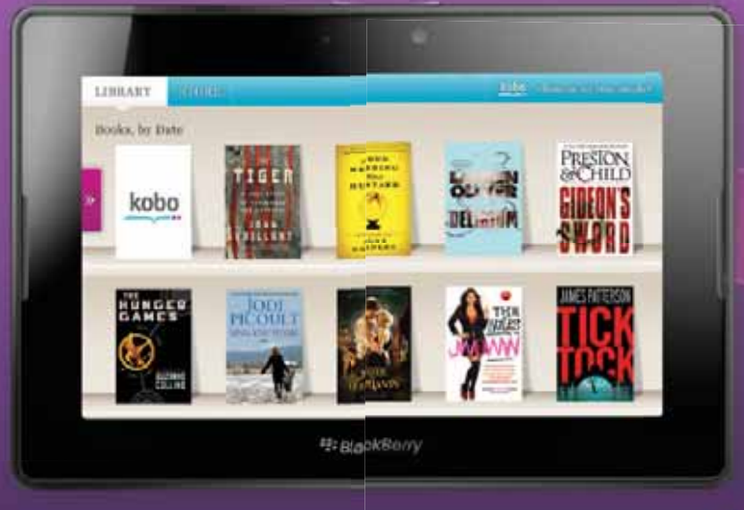

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Breakthrough leaves New Democrats giddy

Success stuns party supporters

Election 2011

New Democrats are pinching themselves to be sure their orange revolution is real.

Party stalwarts have fought the good fight in so many other elections, only to be crushed by Liberal history and organization.

But all that changed in the breathtaking collapse of the Liberals and of the separatist vote in Quebec, which together propelled the NDP to official Opposition status.

"It's shocking. I never, ever would have thought I'd see this in my lifetime," said Patrick Casy, a Toronto program manager in his early 30s.

NDP Leader Jack Layton called the elevation to official Opposition status a reward for the party's patience and perseverance.

"Tonight's result didn't come about in 35 days — it's been 50 years in the making," he said.

Last night, the usual crowd of students, grey-haired ex-hippies in Che Guevara shirts and college professors in tweed coats milled about the celebration at Toronto's Metro Convention Centre. But the crowd of nearly 3,000 also included suits, worn by young, affluent professionals that the NDP craved but had never been able to woo.

They danced and sported white, green and orange feather moustaches, a tribute to Layton.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ NDP Leader Jack Layton celebrates his party's election gains in Toronto yesterday.

U.S. recalls key interception in bin Laden search

When one of Osama bin Laden's most trusted aides picked up the phone last year, he unknowingly led U.S. pursuers to the doorstep of the world's most wanted terrorist.

That monitored phone call, recounted yesterday by a U.S. official, ended a years-long search for bin Laden's personal courier, the key break in a worldwide manhunt. The courier, in turn, led U.S. intelligence to a walled compound in northeast Pakistan, where a team of Navy SEALs shot bin Laden to death.

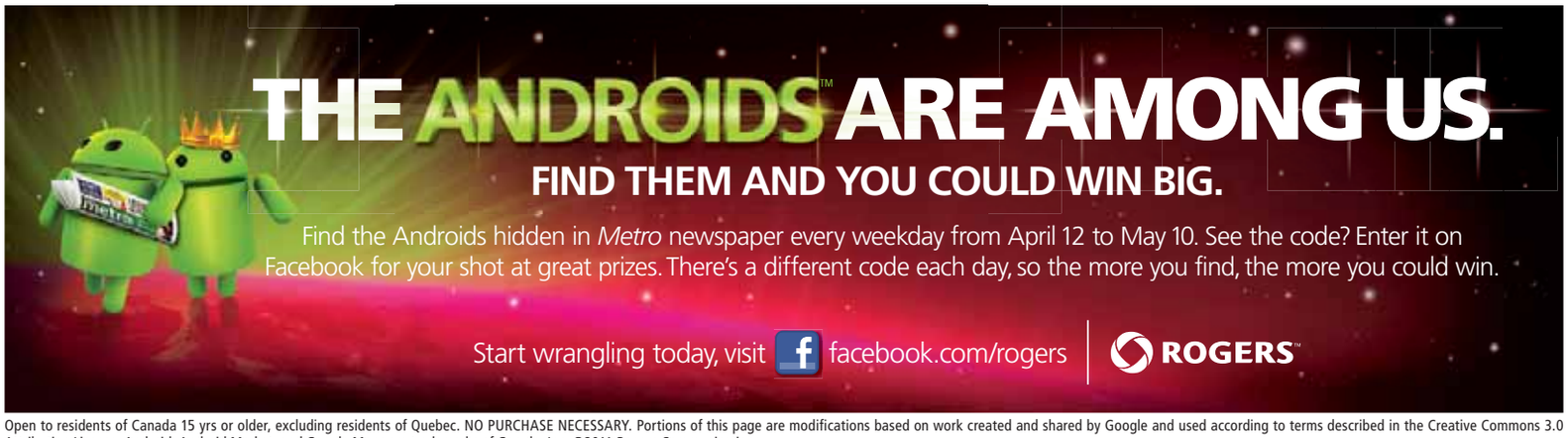
The violent final minutes were the culmination of years of intelligence work. Inside the CIA team hunting bin Laden, it always was clear that bin Laden's vulnerability was his couriers.

Shortly after the Sept. 11, 2001, terrorist attacks, detainees in the CIA's secret prison network told interrogators about an important courier with the nom de guerre Abu Ahmed al-Kuwaiti who was close to bin Laden. After the CIA captured al-Qaida's No. 3 leader, Khalid Sheikh Mohammed, he confirmed knowing al-Kuwaiti.

THE ASSOCIATED PRESS

SHAH MARAI/THE ASSOCIATED PRESS

▶ Afghan President Hamid Karzai, centre, flanked by his vice-presidents, addresses the media yesterday. Karzai lauded Osama bin Laden's death as a serious blow to terrorism.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Clipped. Wings

▶ A passenger makes inquiries yesterday at an Air India ticket counter in Mumbai. A pilots' strike has forced the carrier to cancel 90 per cent of its domestic flights, leaving travellers stranded and prompting other airlines to boost fares.

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Air India pilots stand their ground

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order that they call off their labour action. The pilots are demanding higher pay and an investigation into mismanagement that they say has brought losses of more than 160 billion rupees ($3.4 billion). Air India says the strike is costing it about 12 million rupees ($258,000) a day.

RIM on the ropes with new phones

- **Debuts BlackBerry Bold models and PlayBook apps**
- **But analysts say it's not enough in cut-throat market**

Research In Motion may be waiting too long to debut its new generation of BlackBerrys early next year in the competitive smartphone market, analysts say.

"The Blackberry phones need a fresh start now," Sascha Segan, PC Magazine's lead mobility analyst, said yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its annual conference.

However, it's not what analysts believe is critical to RIM's future. RIM has seen a decline in its market position, especially in North America. In early 2012, it will launch a line of BlackBerry "super phones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a better Web experience and allow them to run multiple software applications.

Technology analyst Anil Doradla, of U.S.-based William Blair & Co., says the market and trends could very well change by the time RIM launches its new smartphones, and RIM will have to make good on its promises for the QNX-based BlackBerrys.

"From an investor's point of view, it will be a credibility issue," he said.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 10.28 (13,934.51)	– 0.49¢ (105.17¢ US)	– 41¢ US ($113.52 US)	$4.763 US (+ 0.14¢ US)	$1,557.10 US (+ 70¢ US)

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TRYING TO CATCH UP FOR LOST TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

"There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009 there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler."

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you "work best under pressure" or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

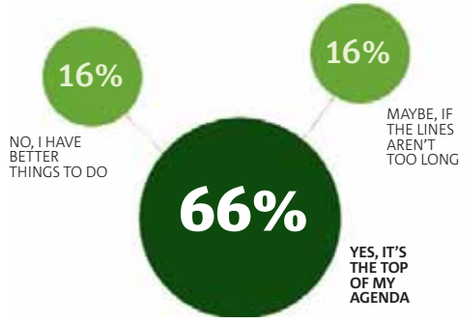
Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Are you hitting the polls Monday?



Local tweets

- **@Krazy Krokes:** @charliesheen hey do you have any tickets to your show tonight in #vancouver for this Warlock! I wanna be #winning tonight!!
- **@kathleenpapp:** seeing @charliesheen tonight in #vancouver ... gonna be a verrrrry interesting show!
- **@NHL_Feed:** Canucks: Here it is. Puck Luck is back! On Tuesday & Wednesday we'll be hiding 10 pucks throughout #Vancouver & Lower Mainland. #puckluck
- **@stevow26:** Get out and VOTE today #vancouver, don't vote — can't complain.
- **@polarisdotca:** Feels good to vote. Done and done. #elxn41 #YVR #eastvan
- **@erikholmlund:** Hello #yvr. And rain.
- **@kurichan17:** Voted! And it feels so good! 3 hrs to go, #YVR, Vote or die! #elxn41 #TrustInTheStache
- **@Schrotes:** excessively long lineups at airport security today in #yvr, with excessively thorough screening. Coincidence?
- **@dp85soon:** As a #Canucks fan, I don't want you on the bandwagon, #StephenHarper

Worth mentioning

NEW YORK. Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

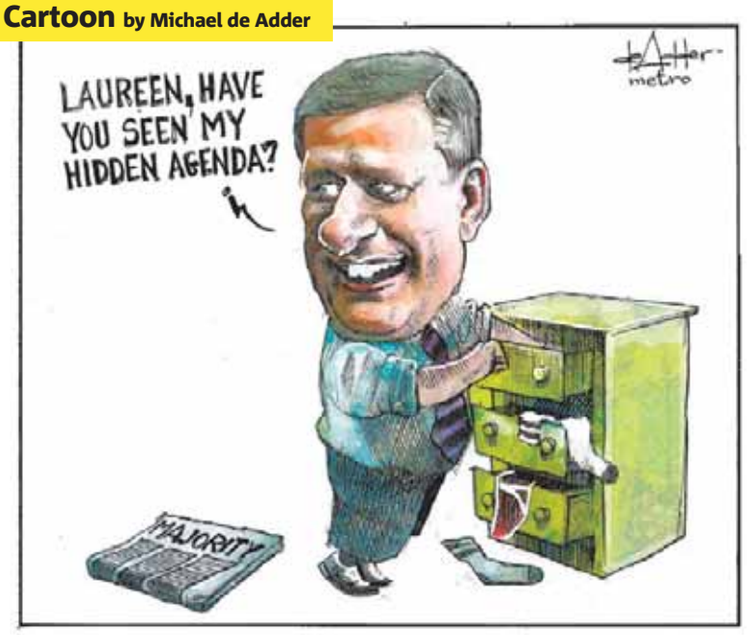
"These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom," said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites.

"The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information," he said.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as $142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other details of the find.

"We have in front of us high-end products (made) for the highest consumer class of central Europe" of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

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No easy workouts for actress Mendes

New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance

JANINE FALCON
SCENE@METRONEWS.CA

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder. Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an imbalance that forces the wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes, who says she wears hers to walk and hike. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

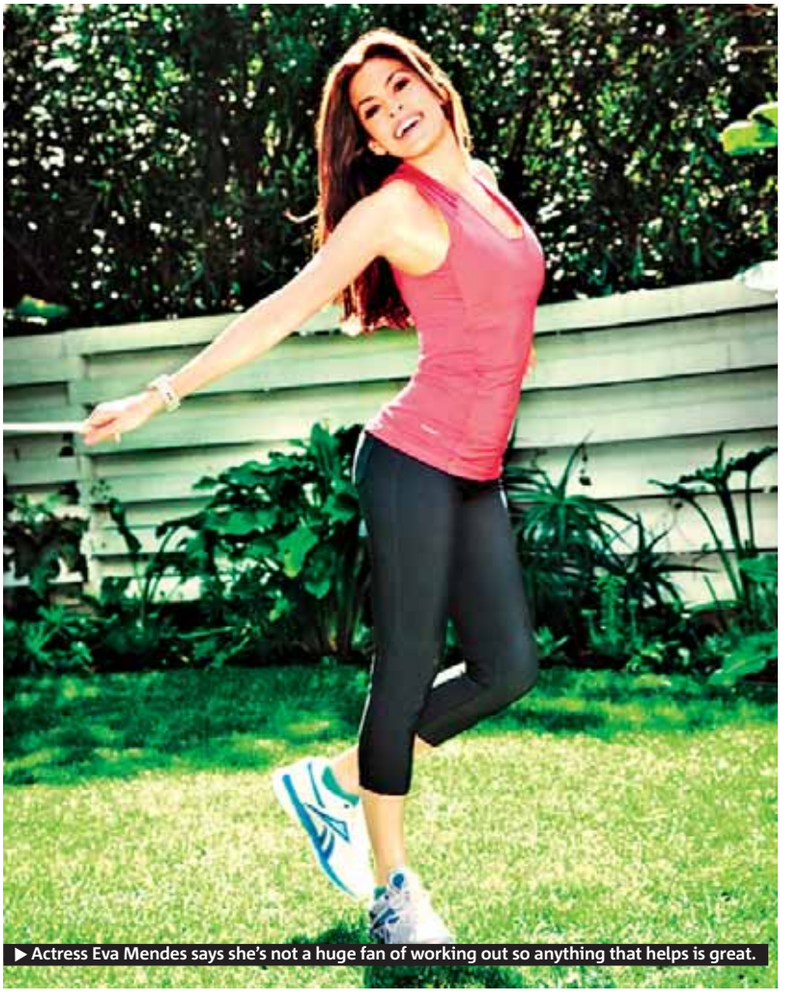
The clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes.

Where to buy

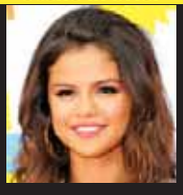
Sport Chek. The EasyTone shorts are $54.99, EasyTone shoes are $109.99, and the EasyTone Sleeveless top is $64.99. Available at Sport Chek locations across Canada.

CONTRIBUTED



▶ Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards. The Wizards of Waverly Place star will also perform at the annual bash, to be held June 19. Gomez will share the hosting duties with MuchMusic VJs.

THE CANADIAN PRESS

Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

Bieber not so eggcellently treated by Aussies

Bieber mania hit Australia and then at least two Aussies hit back on stage and in air

GETTY IMAGES

▶ Justin Bieber

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

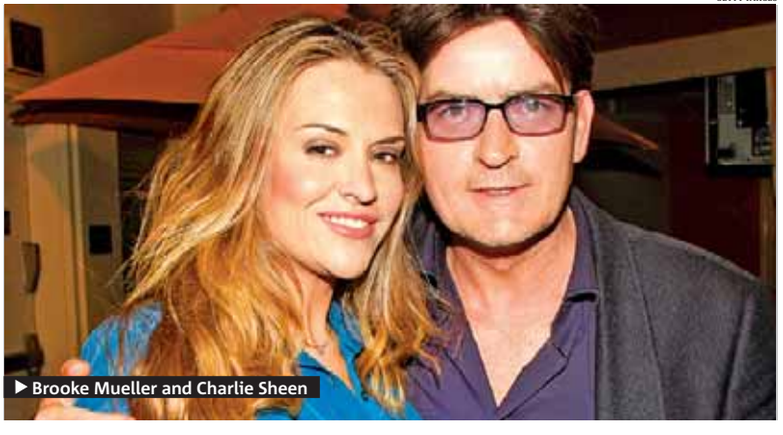
But the seasoned performer didn't miss a beat at Saturday night's performance in Sydney.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." METRO

Sheen's divorce dues ex-actly same

GETTY IMAGES


▶ Brooke Mueller and Charlie Sheen

Charlie Sheen and Brooke Mueller are officially divorced.

With the process completed this week, it has been six months after the initial petition to end their marriage, according to TMZ.

Mueller is set to receive $55,000 a month in child support, the website reports, adding that the legal documents have an interesting note: "Under no circumstances shall the child support paid by Charlie for [Mueller's sons] Bob and Max be less than the child support paid by Charlie to Denise Richards for [her daughters] Sam and Lola."

Mueller will also receive $1 million for her share of the couple's home, of which Sheen will retain ownership. METRO

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Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.K.	2.9 ¢/min
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3 life

Vitamins

When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.

CELIA MILNE

Canada's Medical Hall of Fame inducting 6 new 'heroes' to its ranks

ISTOCK PHOTOS

▶ Taking a multivitamin is connected with the habit of indulgence, a new study shows.

Health or hedonist

People taking multivitamins tend to reward themselves with hard partying, study shows

CELIA MILNE
LIFE@METRONEWS.CA

222761

Maybe we're all on a health teeter-totter.

When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were told they were taking a multivitamin and those who weren't.

The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin.

Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a long walk.

"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."
DR. WEN-BIN CHIOU

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand,' he notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

What you do:

The pose's main focus is the upper back, so if you are suffering from back pain or similar conditions, use it yet be careful.

1. Sit with a thick blanket under your pelvis.
2. Cross the shins while widening the knees so that each foot is neatly kept beneath the opposite knee. The thighs should be folded inwards.
3. Keep your feet relaxed so that the inner arches are beneath the opposite shin. The leg fold of Sukhasana will be complete when you find a triangle formed by your two thighs and crossed shins when you look down.
4. Maintain an adequate gap between your pelvis and your feet. While your pelvis should be in a neutral position, it should also be equidistant from the ground when compared with the pubic bone.
5. Your hands can be stacked on your lap with palms facing upwards or the wrists can be on your knees with palms facing downwards, gently assisting you in maintaining an erect spine. Do not excessively arch your lower back and point your lower front ribs in front.
6. Alternatively shift the leg crossing as you relax in the Easy Pose. You may do this yoga pose for any length of time you find comfortable.

Yoga pose.
Easy Pose/Sukhasana

Benefits

- Promotes mental calm and peace.
- Induces strength in your back and the spine.
- Results in stretching of your knees, ankles and feet.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

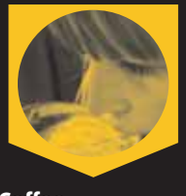
Thoughts on ... Fun

LIGHTEN UP. Have you forgotten how to have fun? Play is serious business for kids, so take some cues from the children in your midst. They approach their play time and flights of imagination with a kind of abandon most adults have forgotten is possible. Not only do we become boring when we don't make the time for fun, we also become unhappy. If you have trouble letting go of worries and responsibilities, imagine that you've sealed your cares in a box for a few hours and then go out and pursue the activity that makes your heart sing.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW. AWAKENINGSCANADA.COM

Today's studies

Shopping
Scientists at the Taiwan National Health research institute claim that nipping out to the shops could be good for your health. The study was based on over 65s, so if we can learn a lesson in longevity, it's to start shopping as soon as possible.



Coffee
Your post dinner coffee could be doing more than preventing you from falling asleep. Researchers at the University of Guelph, found drinking coffee right after a fatty meal doubled blood sugar levels.

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For richer, for poorer

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Kate and Will's nuptials kicked off the wedding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's credit report. I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises.

Money rule

- A pre-nuptial credit check can save pain and shame down the road.

ISTOCK

▶ Dress, cake, credit check

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies, TransUnion (transunion.ca) and Equifax (equifax.ca), to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, will cost you around $25 from either agency and you can apply on-line.

It may not seem very romantic, but a credit report check-up is an important step for couples who want to build a sound financial foundation.

FINDING LOVE IN A TIME OF ADVERSITY

Names:
Jodi, 33, and Angelo, 31

Hometown:
Toronto

Together since:
2008

Their story:

▶ Jodi and Angelo's love story began in a hospital.

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

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One-item lunch menu food cart hits Vancouver streets

La Brasserie Street is causing quite a commotion with its chicken sandwich

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

La Brasserie Street food cart's lone, titillating entrée item has sold out regularly since opening April 11.

To date, its 'fresh out' record time is 1 p.m. — a mere two hours after beginning lunch service.

La Brasserie Street
On West Georgia at Granville
604-568-6499
labrasserievancouver.com
Hours: 11 a.m. - 5 p.m.
Rating: 3.5 out of 5

ERIN IRELAND

▶ Brass Chicken Sandwich.

Causing the kerfuffle is a gravy-laden, beer brined chicken sandwich, aptly named, Brass Chicken Sandwich ($6.25).

If its crispy fried onions were discarded, I'd run the risk of confusing the warm creation for a delicious, edible mini pillow.

But the skinny, deep-fried onions cannot be omitted. They are softly sweet and addictively crunchy — perhaps a sell-out kind of side dish of their own someday?

The floury buttermilk bun could've passed as a Portuguese and the juicy rotisserie chicken — treading in hot gravy — lacked any beer flavour.

Regardless, the assemblage was the kind of thing to warm bellies on drizzly Vancouver spring day.

Antioxidant Snack Mix

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

Preparation:

1. Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.
2. In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.
3. Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, almonds and icing sugar. Reseal and shake to coat.
4. Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

Ingredients:

- 750 ml (3 cups) multigrain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar

CANUCKS GAME DAY

SCOTT RINTOUL
VANCOUVER@METRONEWS.CA

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Roberto Luongo sits in his net after Nashville's Ryan Suter scored on Saturday.

So close to 2-0

67 seconds. The Canucks were that close out-frustrating a team that prides itself on exasperating its opponents.

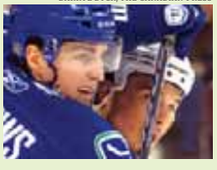
Ryan Suter's goal in the late stages of Game 2 not only set the stage for Matt Halischuk's double overtime heroics, it also changed the complexion of this series. Instead of making their way to the Music City with one arm of the Predators pinned, the Canucks now face an opponent that is not only up off the mat, but has a second wind.

Suddenly, the storyline has gone from Nashville's lack of offensive talent to Vancouver's inability to score. The league's highest-scoring team during the regular season has produced the fewest goals of all playoff teams.

Daniel and Henrik Sedin are the poster boys for lack of productivity, as the past two league scoring champs are mired in a six-game slump that has seen them combine for just three points.

Even the goal-less Ryan Kesler has not escaped criticism, though his excellence in every other facet of the game has overshadowed his scoring hiatus.

DARRYL DYCK/THE CANADIAN PRESS



Line Dancing

If yesterday's practice is any indication, look for Alex Burrows to be reunited with the struggling Sedins tonight. That puts Chris Higgins back on the second line with Kesler and Mason Raymond, while Mikael Samuelsson skated with Cody Hodgson and Tanner Glass on a newly formed fourth line.

FREDERICK BREEDON/GETTY IMAGES

Rearguard Ready?

Sami Salo practiced yesterday, and appears ready to return to the lineup after missing three games with what is suspected to be a groin injury. Neither the Canucks nor Salo would say whether he'll play tonight.

STEPHEN DUNN/GETTY IMAGES

Power Outage

The NHL's top power-play team has had its troubles scoring man-advantage goals against Nashville. Vancouver is just 1-for-22 on the power play versus the Predators this season, and 0-for-6 in this series. Expect Alex Edler to replace Samuelsson on the point of the first unit.

RICH LAM/GETTY IMAGES

Hammer Time

Ten months after signing in Vancouver, Dan Hamhuis will finally make his return to the ice in Tennessee. The former Predator has never played a game in Nashville as a member of the opposition, missing both games earlier this year with concussions.

Canucks, Preds expect stingy defence to continue

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semi-finals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice.

"If anybody's been around us ... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

CANUCKS | PREDATORS

▶ **Time:** 6 p.m.
Channel: CBC

The Predators evened up their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only three goals have been scored in the first two games, and the Canucks are bracing for more of the same tonight for Game 3.

These teams feature two of the three Vezina Trophy finalists: Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third, giving up 194.

In a series where the tiniest mistake could turn into the game-winner, it's a pressure both goalies are welcoming even as both teams talk of stacking more bodies in front of the net. To Luongo, it's fun. If he does have some tips for his teammates on how to beat Rinne, it's take advantage when the six-foot-five Finn goes down to block a shot.

"We've had a few occasions where we've had Pekka down and out. That's where we've got to bury the chances. He might make the first save. If we get him out of position, we have to make sure we really bear down on those chances and make sure he doesn't get an arm or a leg or a stick on it," Luongo said.

THE CANADIAN PRESS

4 sports

Quoted

"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."

CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.

Scan code for more sports

Did twins miss playoff memo?

THE HOCKEY NEWS

RORY BOYLEN
VANCOUVER@METRONEWS.CA

Can someone please tell the Sedins the hockey season is still going on?

Through the first three games of the Chicago series, the brothers Henrik and Daniel combined for nine points and looked well on their way to competing for the Conn Smythe Trophy. Since then, the twins have three points combined and that's it.

What happened? Well, as could be expected, the Blackhawks clamped down on the top line and the defence-minded Predators have continued that game plan.

This has, in part, helped Ryan Kesler flourish on the second line. Now as the Preds realign their strategy to defend Kesler as if he's the top threat, the Sedins may get more breathing room.

But that doesn't appear to be the only problem. The Canucks have been playing a brand of fast-paced and physical hockey that has set the tone and controlled it at times.

CHRISTIAN PETERSEN/GETTY IMAGES

▶ Henrik, left, and Daniel Sedin have combined for three points since Game 3 of the Chicago series.

The leaders in the energy category to this point have been players such as Kesler, Alex Burrows, Maxim Lapierre, Alex Edler, Kevin Bieksa, Tanner Glass — and that's only to name a few.

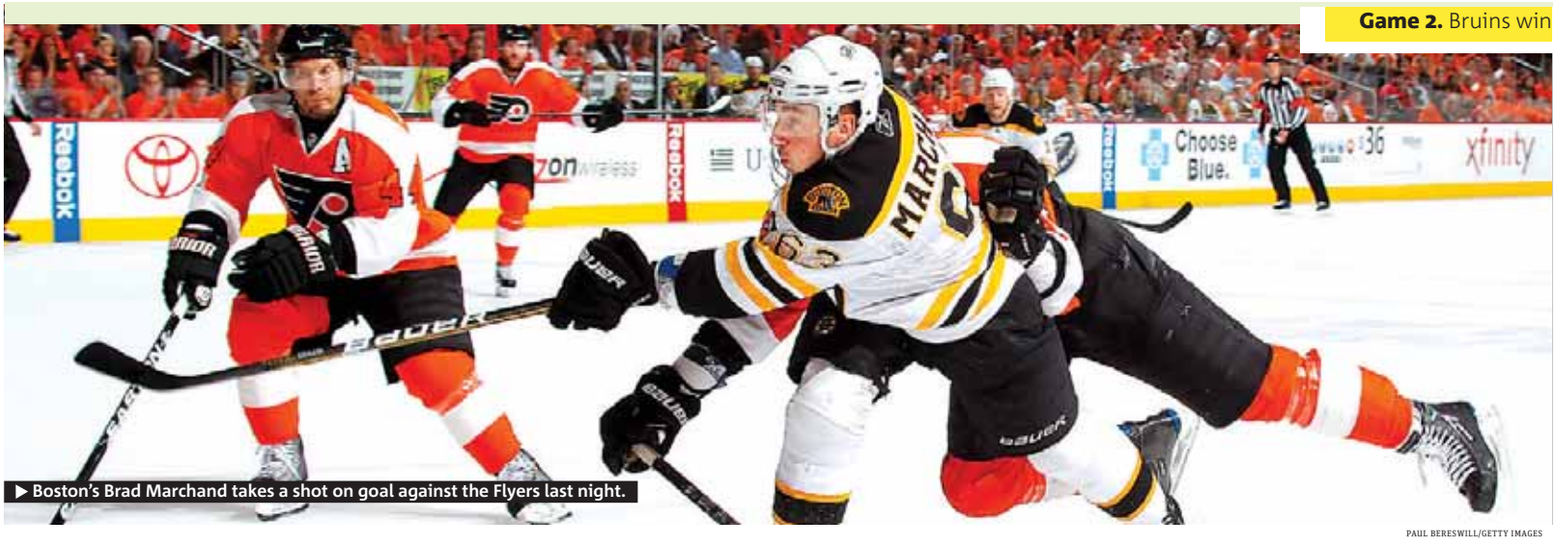
The Sedins, on the other hand, just look a gear behind everyone. It's as if the team moved on to post-season passion and the twins stayed behind in a regular-season malaise. Their feet aren't moving enough, they're trying to play almost too patiently and they haven't successfully been creating the space necessary to create their patented plays.

Can the Canucks get pass the Preds if the Sedins continue to struggle on the scoresheet? Yes, but only because Nashville will beat you with tight defence and timely offence. The Canucks can play that game as well and have more scoring options.

But if Vancouver does find a way to pull this one out, they'll find themselves up against a much more potent team in San Jose or Detroit, who have an immense amount of reliable offence to turn to. And if the Sedins continue their disappearing act, then the Canucks will be in trouble.

Roberto Luongo had his rough patch and turned it around, now the Sedins have to show why they are leaders on this team and do the same.

Game 2. Bruins win



▶ Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

Krejci gives Bruins OT win over Flyers

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series.
Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead.
Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. THE ASSOCIATED PRESS

Sharks know Wings are tougher at home

Detroit looks for a jolt from Joe Louis Arena to avoid being ousted by San Jose for a second straight post-season

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

▶ Red Wings goalie Jimmy Howard is beaten on a goal by Sharks defenceman Ian White in Game 2.

The Detroit Red Wings need home ice to be an advantage against the San Jose Sharks or they will soon be on vacation.

The Sharks have taken a 2-0 lead over Detroit with two one-goal wins at home in their Western Conference semifinal.

"You can't feel sorry for yourself," Red Wings defenceman Nicklas Lidstrom said. "We have to rebound as a team.

"It's been two close games and they've got the break each time."

San Jose got by with 2-1 wins in both games thus far. When the series shifts to Detroit tomorrow night, the Sharks are hoping to match Detroit's urgency.

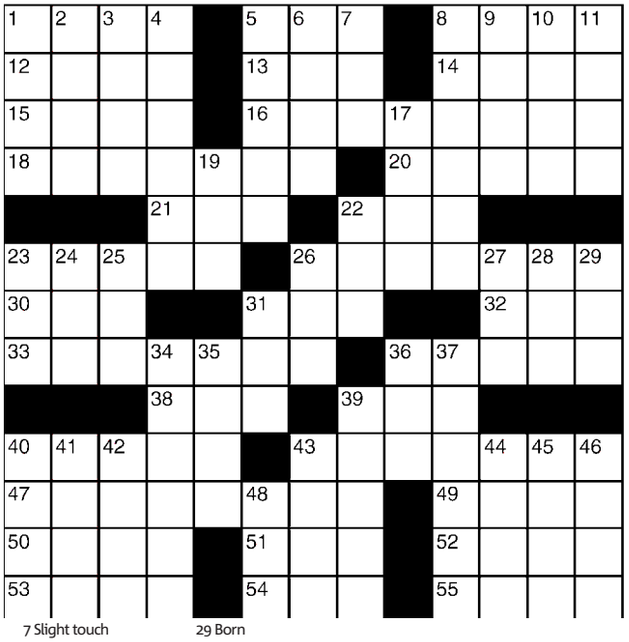
"They're obviously desperate now. They have nothing to lose. They're going to come out hard."
SHARKS DEFENCEMAN IAN WHITE ON THE RED WINGS

"We're going to expect two desperate teams to be playing — we want to be one of them," said San Jose coach Todd McLellan. "We know it's going to be a tough task in Detroit."

The Red Wings have lost the first two games of a series seven times during their two-decade post-season streak and have rallied only once, beating Vancouver in six games of the first round in 2002 before going on to win the Stanley Cup.

THE ASSOCIATED PRESS

Crossword



Across
1 Teen's woe
5 "El —"
8 Hand warmer
12 Haul behind
13 Modern-day evidence
14 Norway's capital
15 Deep sound from a bell
16 "Swiss Family —"
18 Big name in TV dinners
20 Exposed
21 Resistance measure
22 Energy
23 Canyon
26 Noted NYC avenue
30 Lawyers' org.
31 Lustrous black
32 Exist
33 Springfield surname
36 Moolah
38 Choose
39 Baby food
40 Flight component
43 State capital on the Pearl River
47 "Locksley Hall" poet
49 Beige
50 Oodles
51 — out a living
52 Right on the map?
53 Longings
54 Slithery fish
55 Experts

Down
1 Tosses in
2 Cornfield invader
3 "Peter Pan" pooch
4 One full of Christmas spirit?
5 PC insert
6 Privy to
7 Slight touch
8 Address for a French friend
9 Cold War abbr.
10 Iceberg chunk
11 Loving
17 Footnote abbr.
19 That woman
22 Cistern
23 Petrol
24 Kimono closer
25 Aries
26 Chaps
27 Pouch
28 Bobby of hockey lore
29 Born
31 Make marginalia
34 "1,000 — of light"
35 Agile
36 Fond du —, Wis.
37 Maintenance
39 "What's My Line?" group
40 Remain
41 Far (Pref.)
42 Unsigned (Abbr.)
43 Gag
44 Cicatrix
45 Approximately
46 Crazy
48 Witness

▶ Yesterday's answer

P	L	O	D		B	A	Y		B	E	E	F
L	A	V	E		A	G	E		A	X	L	E
E	V	I	L		D	O	G	H	O	U	S	E
B	A	D	E	G	G		G	O	B	L	E	T
			T	O	E	D		P	A	T		
D	O	G	E	A	R	E	D		B	A	K	E
D	N	A		T	E	P	E	E		N	O	T
T	E	S	T		D	O	G	M	A	T	I	C
		L	A	G		T	A	I	L			
O	P	I	N	E	D		U	T	O	P	I	A
D	O	G	G	E	R	E	L		H	U	N	T
E	C	H	O		A	L	L		A	L	T	O
S	O	T	S		B	Y	E		S	L	O	P

Sudoku

					6			7
3	7			5		9		
			1		3			5
			5	1		4		
8		1				5		6
		3		2	7			
5			8		4			
		6		9			8	3
9			2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beituful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!!
From Tu Eternamente Enamorado **CARLITOS**

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3
From **YOUR OTHER HALF**

Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart.
From **BEST FRIEND**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 You need to get serious about your cash flow situation.

♉ **Taurus** April 21-May 21 Aim for the sky today and for the rest of the week – you'll reach it with ease.

♊ **Gemini** May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

♋ **Cancer** June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

♌ **Leo** July 23-Aug.23 If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ **Virgo** Aug. 24- Sept. 22 Be positive at all times and in all things, and you'll thrive.

♎ **Libra** Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance – they'll help because they believe in you.

♏ **Scorpio** Oct. 24-Nov. 22 Be more open about what you desire.

♐ **Sagittarius** Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

♑ **Capricorn** Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

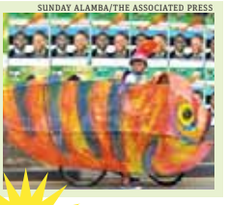
♒ **Aquarius** Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

♓ **Pisces** Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

SUNDAY ALAMBA/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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950 West Broadway
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3490 Kingsway

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32465 South Fraser Way
2140 Sumas Way

Aldergrove
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Lougheed Mall
Metrotown/Metropolis
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Chilliwack
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Coquitlam
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3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
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19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
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32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
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1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

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Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

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